

Brilliant Chili Topped with Walnuts

Makes: 100 Servings

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Ingredients	Weight	Measure
Extra-virgin olive oil		1 3/4 cups
Onion, chopped	7 lbs	14 cups
Carrots, sliced	3 3/4 lbs	14 cups
Salt	1 1/3 oz	2 1/2 Tbsp
Cumin	3 1/2 oz	10 Tbsp
Chili powder	8 oz	1 3/4 cups
Ground turkey breast, 99% lean	14 lbs	
Red or yellow bell pepper, minced	7 lbs	14 cups
Red kidney beans, rinsed and drained		4 #10 cans
Chopped or crushed tomatoes		4 #10 cans
Chopped walnuts, lightly toasted	5 lbs	22 cups
Flat-leaf parsley, chopped		4 cups



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	470	
Total Fat	21 g	
Protein	31.5 g	
Carbohydrates	46 g	
Dietary Fiber	17.5 g	
Saturated Fat	2 g	
Sodium	400 mg	

Directions

1. Heat olive oil in large, deep pan. Add onion and saute over medium heat until translucent.
2. Add carrot, salt, and spices, and saute until spices are toasted.
3. Crumble in the ground turkey breast, and sprinkle in the minced bell pepper and cook until the turkey breast is cooked through and becomes white and opaque.
4. Add the beans and tomatoes, and stir gently so as not to break the beans. Bring to a boil then lower heat and cook, partly covered, over medium-low heat for another 20 minutes.
5. Serve hot, topped with a sprinkling of walnuts and parsley.